

# How to Talk with your Kids About Vaping

As a parent, you have a great impact on your kid's actions. It is important to talk with them about vaping.<sup>1</sup>

## BEFORE THE TALK<sup>2</sup>

### Know the facts

- Get reliable information about vaping and young people
  - Search online for resources like:
    - › The Truth Initiative<sup>3</sup>
    - › Stanford Vaping Prevention Toolkit<sup>4</sup>
    - › American Lung Association Conversational Guides<sup>5</sup>
  - Talk to a health care provider
  - Contact Kick It California<sup>6</sup>

### Understand why

- Kids start vaping for many reasons
  - Curiosity
  - Peer pressure
  - Flavors
- Kids keep vaping for many reasons
  - To deal with things like boredom and anxiety
  - To avoid withdrawal symptoms
  - To fit in

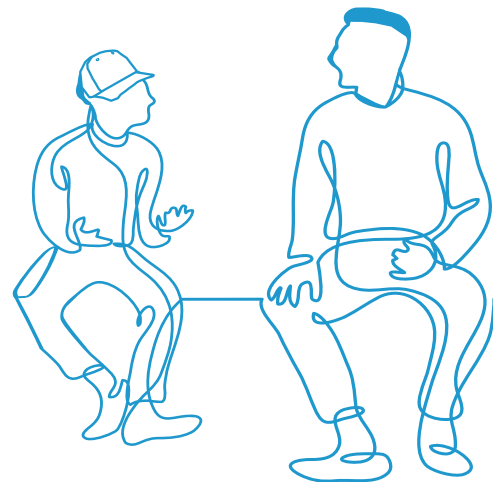
### Be ready to listen

- Your goal is to have a talk, not a debate
  - Try not to judge
  - Get their viewpoint
  - Keep an open mind

## START THE CONVERSATION<sup>1,2</sup>

### Find the right time and approach

- Look for ways to start talking naturally
  - Seeing someone vaping
  - Passing a vape shop
  - Seeing a vape ad
  - Getting a letter from school about vaping rules
- Try using open-ended questions
  - What do you know about vaping?
  - What do you think about vaping?
  - How does vaping make you feel?
- Be a good listener
  - Repeat what you heard them say
  - Convey you understand, even if you don't agree



## ANSWER THEIR QUESTIONS<sup>2</sup>

**Offer honest and science-based information.<sup>1</sup> Here are some ideas:**

- What's wrong with vaping?
  - Most vapes have nicotine which can cause addiction
  - Your brain is still developing, which means you are more at risk for addiction
  - Vapes can also affect things like memory and how well you can focus
  - When you vape, you breathe in tiny particles of heated chemicals that can harm your lungs
- Aren't vapes safer than cigarettes?
  - Most experts agree that vapes are safer than cigarettes, but they are not actually safe
    - › This is true because many vapes have nicotine and other chemicals that can be harmful
  - Let's look at some information on vaping together and see what you think
- I've already tried vaping, why is it a big deal?
  - Thanks for being honest with me
  - Vaping once may not be a problem, but it could be the start of a habit
  - I am concerned about your health because we still don't know the long-term risks of vaping
  - At your next doctor's visit, how about if we ask them about the risks of vaping?

## KEEP THE CONVERSATION GOING<sup>2</sup>

**Not one and done**

Try to have these conversations often and calmly. Remember to...

- Connect and encourage
- Remind and repeat
- Share facts and resources

**Call for FREE help to quit vaping!  
1-800-300-8086**

<sup>1</sup> Partnership to End Addiction. *Vaping Guide For Families* (2021).

<sup>2</sup> U.S. Surgeon General's Report: *Know the Risks: E-cigarettes & Young People. Parent Tip Sheet* (2021).

<sup>3</sup> [www.thisisquitting.com](http://www.thisisquitting.com).

<sup>4</sup> <https://med.stanford.edu/tobaccopreventiontoolkit>.

<sup>5</sup> [www.thevapetalk.org](http://www.thevapetalk.org)

<sup>6</sup> 1-800-300-8086 - [kickitca.org](http://kickitca.org)